

### GOLF INSTRUCTION - FULL SWING BASICS

(1 hour, 5 week) This program will concentrate on the fundamentals necessary to achieve consistency and confidence on Tee Shots and Fairway Advancement Shots. Class discussion will include proper placement and pressure of the hands; posture, aim, alignment and swing drills. Clubs and practice balls are available during class time, but please bring your own clubs if you have them. P.G.A. Professional staff at Cypress Golf Course and the Tournament Players Club (TPC) will offer classes. These courses are not available for fee assistance.

57008	8:00 am	Sa	TPC	\$117(R)/\$117(N)	starts 9/2
57009	9:05 am	Sa	TPC	\$117(R)/\$117(N)	starts 9/2
57340	11:15 am	Sa	TPC	\$117(R)/\$117(N)	starts 9/2
57756	12:20 pm	Sa	TPC	\$117(R)/\$117(N)	starts 9/2
57010	8:00 am	Su	TPC	\$117(R)/\$117(N)	starts 9/3
57011	10:15 am	Su	TPC	\$117(R)/\$117(N)	starts 9/3
57012	9:30 am	Sa	CYPR	\$66(R)/\$99(N)	starts 9/30
58257	9:00 am	Tu	CYPR	\$66(R)/\$99(N)	starts 10/3
58265	5:30 pm	Th	CYPR	\$66(R)/\$99(N)	starts 10/5
58259	9:30 am	Sa	CYPR	\$66(R)/\$99(N)	starts 11/11
58266	9:00 am	Tu	CYPR	\$66(R)/\$99(N)	starts 11/14
58258	5:30 pm	Th	CYPR	\$66(R)/\$99(N)	starts 11/16

### GOLF INSTRUCTION - ON COURSE INSTRUCTION

(1 hr, 5 week class) This program will be taught out on the beautiful TPC golf course. Students will learn course management techniques, club selection, shot making, rules and etiquette. Each class will feature one area of the game: putting/green reading, chipping/pitching/lob shots, fairway approach shots and driving. Come and practice your game on the same Stadium course the pros play on! All levels are welcome. Clubs and practice balls are available during class time, but please bring your own clubs if you have them. These courses are not available for fee assistance.

57014	4:00 pm	Tu	TPC	\$117(R)/\$117(N)	starts 8/29
58256	4:00 pm	Th	TPC	\$117(R)/\$117(N)	starts 8/31

### GOLF INSTRUCTION - SHORT GAME

(1 hr, 5 week class) 60-70% of a golfers score happens from 100 yards and in. This course will familiarize you with the 'scoring shots.' Putting, chipping, pitching, bunker and overall wedge play will be featured with an eye towards improving your long game. Professional staff at Cypress Golf Course and the Tournament Players Club (TPC) will offer classes. Learn the game 'from the putting green to the tee.' All skill levels are welcomed. Clubs and practice balls are available during class time, but please bring your own clubs if you have them. These courses are not available for fee assistance.

57015	10:10 am	Sa	TPC	\$117(R)/\$117(N)	starts 9/2
57016	9:05 am	Su	TPC	\$117(R)/\$117(N)	starts 9/3
57017	10:30 am	Sa	CYPR	\$68(R)/\$102(N)	starts 9/30
58260	10:30 am	Sa	CYPR	\$68(R)/\$102(N)	Starts 11/11

### GOLF INSTRUCTION - FULL SWING MECHANICS

(1 hr, 5 week class) This class is designed for those who have had golfing experience. Working with your current swing, this class is designed to improve your swing plane, which is a key ingredient for better accuracy and improved distance. The 5 week session will include woods, irons and swing tips about the short game. Come and practice your game on the same Stadium course the pros play on! All levels are welcome. Clubs and practice balls are available during class time, but please bring your own clubs if you have them.

57013	11:15 am	Sa	TPC	\$117(R)/\$117(N)	starts 10/14
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### HORSEMANSHIP SKILLS I

The Joni Fitts School of Horsemanship (JFSH), Inc. offers this 2 week, 1.5 hour class for beginners, including those who are apprehensive. This exciting class is a complete and comprehensive lesson program. All JFSH instructors are certified instructors. Emphasis is on a safety first approach to learning practical ground work (grooming and saddling) as well as the basic control in either English or Western riding. Mandatory safety helmet is provided for use. Classes are held at CAMF, 12051 N. 96th St. These courses are not available for fee assistance.

#### For 7 - 9 year olds

57036	3:00 pm	Sa,Su	CAMF	\$175(R)/\$266(N)	starts 9/16
57037	3:00 pm	Sa,Su	CAMF	\$175(R)/\$266(N)	starts 10/14
57472	3:00 pm	Sa,Su	CAMF	\$175(R)/\$266(N)	starts 11/11

#### For 10 - 15 year olds

57473	4:30 pm	Sa,Su	CAMF	\$175(R)/\$266(N)	starts 9/16
57038	4:30 pm	Sa,Su	CAMF	\$175(R)/\$266(N)	starts 10/14
57039	4:30 pm	Sa,Su	CAMF	\$175(R)/\$266(N)	starts 11/11

#### For ages 16 and over

57474	6:00 pm	Sa,Su	CAMF	\$175(R)/\$266(N)	starts 9/16
57040	6:00 pm	Sa,Su	CAMF	\$175(R)/\$266(N)	starts 10/14
57041	6:00 pm	Sa,Su	CAMF	\$175(R)/\$266(N)	starts 11/11

### HORSEMANSHIP SKILLS II

This 2 week, 1.5 hour class is a continuation of Horsemanship Skills I. Class will emphasize Western or English style riding. Mandatory safety helmet will be provided. Horsemanship Skills I is a prerequisite to this course. Class is held at CAMF, 12051 N. 96th St. These courses are not available for fee assistance.

#### For 7 - 9 yr olds

57042	3:00 pm	Sa, Su	CAMF	\$175(R)/\$266(N)	starts 9/30
57475	3:00 pm	Sa, Su	CAMF	\$175(R)/\$266(N)	starts 10/28
57476	3:00 pm	Sa, Su	CAMF	\$175(R)/\$266(N)	starts 12/2

#### For 10 - 15 yr olds

57043	4:30 pm	Sa, Su	CAMF	\$175(R)/\$266(N)	starts 9/30
57477	4:30 pm	Sa, Su	CAMF	\$175(R)/\$266(N)	starts 10/28
57478	4:30 pm	Sa, Su	CAMF	\$175(R)/\$266(N)	starts 12/2

#### For ages 16 and over

57044	6:00 pm	Sa, Su	CAMF	\$175(R)/\$266(N)	starts 9/30
57479	6:00 pm	Sa, Su	CAMF	\$175(R)/\$266(N)	starts 10/28
57480	6:00 pm	Sa, Su	CAMF	\$175(R)/\$266(N)	starts 12/2

### Vaulting ON HORSEBACK

(1 hour, 5 week class) For children 6-12 years old. Vaulting is performing gymnastics and dance on the back of a moving horse. It is one of the seven equestrian disciplines recognized for international competition. No riding or gymnastics experience required. Children of any level find fun and challenging exercises they can perform. Directions and more information provided on conformation receipt or visit [www.SunVaulters.com](http://www.SunVaulters.com)

58279	4:00pm	M	Sun Vaulting	\$62(R)/\$93(N)	starts 9/18
58281	4:00pm	Th	Sun Vaulting	\$62(R)/\$93(N)	starts 9/21
58280	4:00pm	M	Sun Vaulting	\$62(R)/\$93(N)	starts 11/6
58282	4:00pm	Th	Sun Vaulting	\$62(R)/\$93(N)	starts 11/9



### ICE SKATING LESSONS - BEGINNING

(45 minute, 8 week class) These classes for ages 4 to adult are a pre-hockey or pre-figure, entry level skating program for individuals just beginning or those wanting to brush up on their current skills. Participation in the program will enable beginning skaters to learn basic skating skills for recreation enjoyment. This class will prepare skaters for the advancement into either hockey or figure skating programs. Skate rental during class time is included in the price of the class. These courses are not available for fee assistance.

#### For 3-5 yr olds

57049	4:15 pm	M	AIA	\$79(R)/\$118(N)	starts 9/20
57045	10:45 am	Sa	AIA	\$79(R)/\$118(N)	starts 9/23

#### For 6-12 yr olds

57050	4:15 pm	M	AIA	\$79(R)/\$118(N)	starts 9/20
57046	10:45 am	Sa	AIA	\$79(R)/\$118(N)	starts 9/23

#### For 13-17 yr olds

58292	4:15 pm	M	AIA	\$79(R)/\$118(N)	starts 9/20
57047	10:45 am	Sa	AIA	\$79(R)/\$118(N)	starts 9/23

#### For adults 18 and older

58293	4:15 pm	M	AIA	\$79(R)/\$118(N)	starts 9/20
57048	10:45 am	Sa	AIA	\$79(R)/\$118(N)	starts 9/23

### IN-LINE SKATING (BASIC)

(1.5 hr, 2 week class) Ready to join in with the 45 million others in this popular sport, but don't know how to get started? These clinics will teach stopping, starting, turning, balance, stroking, form, curbs, stance, hill control, safety and fitness. All required protective gear and skates are included in the price of the course. Once registered, your receipt will include specific information pertaining to the instructor's phone number and how to go about getting fitted for the gear. These courses are for ages 12 and older, but an adult must be present during class time. These courses are not available for fee assistance.

#### Class starts October 14th

57053	9:00 am	Sa	MCRR	\$49(R)/\$74(N)	Nelms
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#### Class starts November 4th

57054	9:00 am	Sa	MCRR	\$49(R)/\$74(N)	Nelms
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#### Class starts November 10th

58305	5:00 pm	F	ELDO	\$49(R)/\$74(N)	Wright
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### IN-LINE SKATE FITNESS

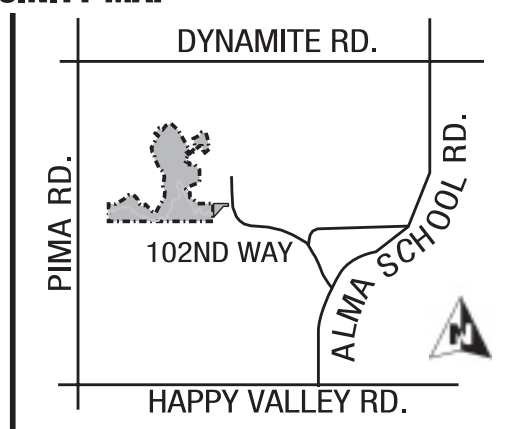
It's time to dust off those wheels and get back into fitness! Improve your basic fundamentals and get to the next step, intermediate levels of stopping, turning and striding and 'Dry-land' exercises. Make your skating more fitness oriented by adding technical drills within the frame work of your new program. You will gain the ammunition you need to 'look good' while achieving your skating goals!

#### Class starts November 13th

58304	5:00 pm	M	ELDO	\$49(R)/\$74(N)	Wright
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## Outdoor Recreation

### VICINITY MAP



## DAYTRIPS

### ALPACA RANCH AND PATAGONIA DAY TRIP

On 10/18 we will head to southeastern Arizona for a guided tour of the Heartland Alpaca Ranch. Patagonia will also be our destination to shop and enjoy its quaintness.

57758 6:30 am W \$43(R)/\$65(N) Massman

### GO GREEK DAY TRIP

We will start this 11/15 day in Florence. Our first visit will be to St. Anthony's Greek Orthodox Monastery with its beautifully landscaped gardens. We will lunch at the Mount Athos Greek Cafe, and finish our day with a guided tour at the Queen Creek Olive Oil Mill.

57759 8:00 am W \$47(R)/\$71(N) Massman

### HART PRAIRIE DAY TRIP

What better way to experience fall than amongst the golden aspen in Flagstaff? On this 9/13 day trip, we will have a tour of the Hart Prairie Nature Conservancy, enjoy a boxed lunch on the patio of its historic cabin then spend time in downtown Flagstaff. On the way home, there will be a stop at Rock Springs, for some of the best pie in the state! Registration fee includes a \$25 lunch.

57836 6:00 am W \$68(R)/\$102(N) Massman

### PIMA AIR AND SPACE MUSEUM TRIP

On 12/13 we experience the dramatic changes in aviation over the past 100 years at the Pima Air and Space Museum. We will then enjoy a wonderful natural vegetarian lunch buffet at Govinda's, located at the Hare Krishna Temple, and finish the day on 4th Ave. amongst the unique shops of that area. Registration fee includes lunch.

58152 6:30 am W \$63(R)/\$95(N) Massman

## HIKING & CAMPING EXCURSIONS

### BLUFF SPRINGS DAY HIKE - B

Rather than venturing too far from home on this 12/9 day hike, we will keep close on this loop trail, that will give a nice work out in the Superstition Mountains located in the Tonto National Forest.

58218 6:30 am Sa \$31(R)/\$47(N) Massman



### GRAND CANYON CAMPING TRIP

We will head north on 9/22 at 10am, and return on 9/25 at 7pm after enjoying the changing leaves and cool weather! Friday night we will drive to Lee's Ferry and camp there. Saturday we will drive to the north rim. There we will camp for 2 nights, incorporating hiking and sight seeing into our day.

57736 10:00 am F, Sa, Su, M \$192(R)/\$288(N) Massman

### MILLER CANYON DAY HIKE - B+

This scenic trail located in the Huachuca Mountains of the Coronado National Forest, follows the year-round water of Miller Creek that hosts a forest of flame red maple trees.

We will enjoy this fall hike on 11/4.

58219 6:00 am Sa \$45(R)/\$68(N) Massman

### SCHULTZ PASS DAY HIKE - B

On 10/14 we will begin this loop hike at Schultz Pass, which is located in the Coconino National Forest in Flagstaff. The series of trails we will take to form the loop, will hike us through the fall golden glow of the aspen trees predominant in this area.

58220 6:00 am Sa \$45(R)/\$68(N) Massman

## ROCK CLIMBING

### PARENT/CHILD CLIMBING ADVENTURE CLASS

Spend the morning in a controlled and safe environment climbing the walls with your child! This activity is for ages 4-10 year olds and will be held at the Phoenix Rock Gym, 1353 E. University, in Tempe. Registration fee is per child and parent for this activity. When registering, please register only your child. Session #1 will be held on 9/20, session #2 on 10/18, and session #3 on 12/6.

58221 10:00 am W Phx \$19(R)/\$29(N)

58222 10:00 am W Phx \$19(R)/\$29(N)

58223 10:00 am W Phx \$19(R)/\$29(N)

### Cancellation Policy

All activities require a minimum number of participants for the activity to be held. As a result of this, all cancellations must be received no later than 7 days in advance to obtain a credit.

### ROCK CLIMBING CLASS

In this 2.5 hour, 2 week class learn the basics of rock climbing that include climbing techniques, and belaying skills with emphasis will be on learning to use your body in the vertical world. No prior climbing experience is needed, and this is a sport that the entire family can participant in! The registration fee includes the use of all of the rental gear. Class will be held at the Phoenix Rock Gym, 1353 E. University in Tempe. Session #1 will begin on 9/20, session #2 on 10/18, and session #3 on 12/6.

**This course is not available for scholarship.**

58224 6:30 pm W Phx \$30(R)/\$45(N) Diefenderfer

58225 6:30 pm W Phx \$30(R)/\$45(N) Diefenderfer

58226 6:30 pm W Phx \$30(R)/\$45(N) Diefenderfer

**Family Participation is encouraged. Unaccompanied children must be 15 years old.**

**For Information  
call (480) 312-7901.**

Transportation is provided on all trips by the City of Scottsdale's Recreation Division. Space availability is determined per each individual activity. Fee includes all transportation, trained guide service, permits and entrance fees where applicable. Follow registration instructions on pages 2-3. Most activities are not available for fee assistance.

Prior to each activity participants will receive by mail a detailed information sheet pertaining to the activity specifics for the day hikes, trips, backpacking and camping excursions. Each of the featured hiking, backpacking and camping activities has been scouted by the staff prior to the day of the event. No firearms, radios or animals. The City of Scottsdale encourages participation by everyone and we will be happy to make accommodations to meet your needs. Please contact (480) 312-0218 to make accommodation requests. Service dogs are allowed on activities.